

**ABSTRACT OF THE DISCLOSURE**

A substantially non-reflective, low or non-fluorescing substrate comprising a phase-inversion support and a plurality of opaque solids that are substantially chemically non-reactive with the phase inversion support and of a size sufficient to be partially or  
5 completely contained within, or intimately bound to, the phase inversion support. Methods of making and using the substantially non-reflective, low or non-fluorescing substrate are also disclosed.

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